

# CURRICULUM

# DESCRIPTION



## Pre-Kindergarten

### Food Models and Leader's Guide<sup>1</sup>

*Developed by*  
National Dairy Council

14 activities give three, four and five year olds opportunities for behavior-based learning and skills building. Activities involve students in music, dramatic play, food preparation and food safety. The cardboard food models are key to suggested activities in these educational materials.

**Contains:** 178 cardboard food models ▲ Teacher/Leader Guide



## Kindergarten

### Food and Me<sup>2</sup>

*Developed by*  
Scholastic Inc. and  
USDA's Team Nutrition

Includes 8 lessons that will assist in teaching the basics of healthy eating in a meaningful way that engages children and reinforces the message beyond the classroom into children's homes.

**Contains:** A teacher's guide ▲ Children's magazines (set of 30) ▲ Family newsletter (set of 30) ▲ Parent reproducibles ▲ Poster



## 1<sup>st</sup>-2<sup>nd</sup> Grade

### Food Time<sup>2</sup>

*Developed by*  
Scholastic Inc. and  
USDA's Team Nutrition

Includes 8 lessons that will help teach students the basics of healthy eating in a way that engages students and takes the message beyond the classroom to the school cafeteria and into student's homes.

**Contains:** A teacher's guide ▲ Student reproducibles ▲ Student magazines ▲ Family newsletter ▲ Parent reproducibles ▲ Video ▲ Posters ▲ Spanish version of student magazine and family newsletter



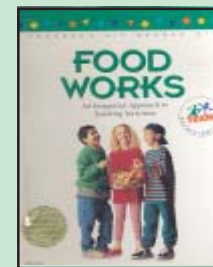
## 3<sup>rd</sup> Grade

### Hearty Heart & Friends<sup>3</sup>

*Developed by*  
Minnesota Heart Health Program

Cartoon characters set the stage for students to understand that hearty healthy eating and physical activity are the keys to a healthy lifestyle. Each of the 15 sessions is approximately 40 minutes in length.

**Contains:** 15 lesson plans ▲ Video ▲ 5 reproducible family activity booklets ▲ Reproducible student workbook



## 3<sup>rd</sup>-4<sup>th</sup>-5<sup>th</sup> Grade

### Food Works<sup>2</sup>

*Developed by*  
Scholastic Inc. and  
USDA's Team Nutrition

Includes 8 lessons that will help teach students the basics of healthy eating in a way that engages students and takes the message beyond the classroom to the school cafeteria and into student's homes.

**Contains:** A teacher's guide ▲ Family newsletter (set of 30) ▲ Student magazine (set of 30) ▲ Student reproducible worksheet ▲ 2 posters ▲ Video



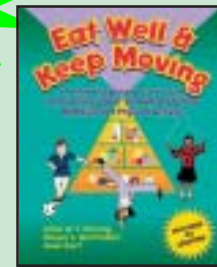
## 4<sup>th</sup> Grade

### Go for Health 4: Taking Off<sup>3</sup>

*Developed by*  
Minnesota Heart Health Program

The character of Tellstar, a reporter from Planet Strongheart, teaches students to consume foods lower in fat and sodium. Students are also encouraged to be physically active and learn to make healthier choices. Each of the 24 sessions is approximately 45 minutes in length.

**Contains:** 24 lesson plans ▲ 6 reproducible family activity booklets ▲ Reproducible student workbook



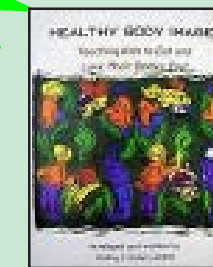
## 4<sup>th</sup> - 5<sup>th</sup> Grade

### Eat Well and Keep Moving<sup>4</sup>

*Developed by*  
a team at  
Harvard School of Public Health

An interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits. Unlike traditional health curriculum, this curriculum encompasses all aspects of the learning environment; the classroom, the cafeteria, from the gymnasium to school hallways, the home and even community centers.

**Contains:** 44 lesson plans ▲ Reproducibles ▲ CD that contains how-to's for promoting the program in your community ▲ Schoolwide campaign



## 4<sup>th</sup>-5<sup>th</sup>-6<sup>th</sup> Grade

### Healthy Body Image: Teaching Kids To Eat And Love Their Bodies Too!<sup>6</sup>

*Developed by*  
Kathy J. Kater, LICSW

Uses age-appropriate prevention principles to teach prepubescent children to develop an identity based on inner strengths rather than appearance, become aware of the dangers of dieting, and resist unhealthy cultural pressures regarding weight and dieting. Contains lessons that can fit into existing science, social studies, history, literature, family life and consumer science, and health classes.

**Contains:** 11 lesson plans ▲ Teacher preparation notes ▲ Home education slips ▲ Reference and resource lists



## 5<sup>th</sup> Grade

### Go For Health 5: Breaking Through Barriers<sup>3</sup>

*Developed by*  
Minnesota Heart Health Program

Contains 16 sessions focused on nutrition and physical activity. Each session is approximately 50 minutes in length. Introduces the need for variety in dietary patterns, the Food Guide Pyramid and problem solving around barriers to a healthy lifestyle.

**Contains:** 16 lesson plans ▲ 4 activity newsletters ▲ Reproducible student workbook



## 6<sup>th</sup>-7<sup>th</sup>-8<sup>th</sup> Grade

### Planet Health<sup>5</sup>

*Developed by*  
A team led by Steven Gortmaker,  
Jean Wiecha and Karen Peterson

Interdisciplinary comprehensive health curriculum that provides students the knowledge and skills to develop healthy diet and physical activity habits for life.

**Contains:** 63 lesson plans including; 8 language arts, 8 math, 8 science, 8 social studies and 30 physical education micro-units ▲ Power Down campaign ▲ FitCheck, a self-assessment tool



## 7<sup>th</sup>-8<sup>th</sup> Grade

### yourSELF<sup>2</sup>

*Developed by*  
Team Nutrition

Contains materials for health education or family and consumer science classes that help students learn to make smart choices about eating and physical activity.

**Contains:** A teachers guide ▲ 30 copies of yourSELF magazine ▲ 30 student workbooks ▲ Duplication masters ▲ Video ▲ Poster



## 9<sup>th</sup>-12<sup>th</sup> Grade

### GO GIRLS!<sup>6</sup>

*Developed by*  
National Eating  
Disorders Association

Media advocacy curriculum focuses on enhancing young women's self-esteem and functions as a training program to create and empower savvy media advocates. Based on principles of prevention, it helps girls to understand and impact current media messages related to body image and self-esteem.

**Contains:** 12 weekly lessons ▲ Projects ▲ Activities ▲ Assignments

⇒ <sup>1</sup> <http://www.nutritionexplorations.org/catalog/preschool.asp>

⇒ <sup>2</sup> <http://www.fns.usda.gov/tn/resources/index.htm>

⇒ <sup>3</sup> <http://www.flaghouse.com/default.asp?id=1>

⇒ <sup>4</sup> <http://www.humankinetics.com/products/showproduct.cfm?isbn=0736030964>

⇒ <sup>5</sup> <http://www.humankinetics.com/products/showproduct.cfm?isbn=0736031057>

⇒ <sup>6</sup> [http://cart.nationaleatingdisorders.org/curr\\_main.asp](http://cart.nationaleatingdisorders.org/curr_main.asp)